

For more details on outdoor adventure programs, call Greg Velzy at 748-1124.  
Please register at least one week prior to each activity.

## What is a challenge course?



A challenge course is a graduated series of events presenting physical, psychological and social challenges to be overcome by individuals and groups. It is a confidence-building and problem-solving tool that emphasizes teamwork and communication while testing and stretching personal limits. The Challenge course is used by any group of individuals that has some sort of relationship: clubs, companies, troops, families, classes and athletic teams.

## Chesterfield Challenge Course

Bring your group, organization, company, class, office or Scout troop to the Challenge Course. The course consists of low and high elements designed to strengthen group dynamics, communication and willingness to work together, as well as promote an individual's initiative and confidence.  
**Details:** 748-1124

## Learn to Rock Climb TT

This course begins with an evening ground school session to introduce the equipment, knots and cover trip logistics. The second part of the course is a day of climbing at Great Falls on the Potomac River. All climbing equipment provided, including shoes. Transportation to site not included. Minimum age is 13.

Rockwood Park, 3401 Courthouse Road  
\$40

Course #9628

**Class:** Thursday, May 27, 6:30-9 p.m.

**Trip:** Sunday, May 30, 6 a.m.-6:30 p.m.

## After-Work Climb Time TT

This course is for experienced climbers who want to practice their technique. Equipment will be provided and ropes will be set. Instructors will be onsite to supervise, give pointers and help belay. There will be no formal instruction. Minimum age is 13.

James River Park

Date and Time	Fee	Course#
Tuesday, May 4, 6-8:30 p.m.	\$9	9486
Tuesday, May 18, 6-8:30 p.m.	\$9	9487
Tuesday, June 1, 6-8:30 p.m.	\$9	9629
Tuesday, June 15, 6-8:30 p.m.	\$9	9630
Tuesday, July 6, 6-8:30 p.m.	\$9	9631
Tuesday, July 20, 6-8:30 p.m.	\$9	9632
Tuesday, Aug. 3, 6-8:30 p.m.	\$9	9633
Tuesday, Aug. 17, 6-8:30 p.m.	\$9	9634
Tuesday, Sept. 7, 5-7:30 p.m.	\$9	9635
Tuesday, Sept. 21, 5-7:30 p.m.	\$9	9636

## FREE Galyan's Fishing Workshop with Woo Daves

Fishing enthusiasts won't want to miss this workshop taught by 2000 BassMaster's Classic World Champion angler Woo Daves. This free seminar is sponsored by Galyan's, with support from Holiday Inn Koger Center. Minimum age is 13. An adult must accompany those 13-16. Because there is limited seating, pre-registration is recommended. Holiday Inn Koger Center, Chesterfield County  
Wednesday, May 5, 7-9:30 p.m. **FREE**  
Details: Noel Losen, 748-1129



Find out about other free and inexpensive outdoor recreation programs offered in the James River Days brochure.  
See page 21.

## Kayaking

### Beginning Whitewater Kayaking

Spend day one on flat-water learning kayak safety, technique and control. Day two is a whitewater river trip to introduce river reading/running and refine skills. Swimming ability is required. Rental includes kayak, paddle, spray skirt, personal floatation device and helmet. Minimum age is 13.

James River Park

Saturdays and Sundays

Date and Time	Fee	Course #
May 1 and 2, 9 a.m.-4 p.m.	\$87 (\$99 w/rental)	9440
June 5 and 6, 9 a.m.-4 p.m.	\$87 (\$99 w/rental)	9640
June 26 and 27, 9 a.m.-4 p.m.	\$87 (\$99 w/rental)	9641
July 10 and 11, 9 a.m.-4 p.m.	\$87 (\$99 w/rental)	9642
July 31, Aug. 1, 9 a.m.-4 p.m.	\$87 (\$99 w/rental)	9643
Aug. 28 and 29, 9 a.m.-4 p.m.	\$87 (\$99 w/rental)	9644
Sept. 11 and 12, 9 a.m.-4 p.m.	\$87 (\$99 w/rental)	9645

### Beginning Whitewater Kayaking - "Saturday Special"

The same as our Saturday/Sunday format (see "Beginner Whitewater Kayaking" course description), but spread over two Saturdays instead.

James River Park

May 15 and 22, 9 a.m.-4 p.m. \$87 (\$99 w/rental) Course #9646

### Intermediate Whitewater Kayaking Trip - Level 1

This clinic-style trip is designed to be the next step after the beginner class. It is also appropriate for those who have whitewater kayaking experience, but need a refresher. Previous formal whitewater kayak instruction is required. Rental includes kayak, paddle, spray skirt, personal float and helmet. Minimum age is 13.

James River Park

Sunday, May 23, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	Course #9647
Saturday, June 19, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	Course #9648
Sunday, July 25, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	Course #9649

### Intermediate Whitewater Kayaking Trip - Level 2

The clinic is for the more advanced intermediate kayaker. Run in a trip format, it will focus on the techniques and drills needed to take you to the next level of paddling. Skills include precision paddle strokes, crisp eddy turns and play boating. Participants should have experience on Class III or higher rapids. Previous formal instruction is required and the Level 1 course is strongly suggested. Minimum age is 13.

James River Park

Saturday, Aug. 14, 9 a.m.-4 p.m. \$43 (\$49 w/rental) Course #9650

### Whitewater Kayaking Quick Trip

Don't have the entire day to paddle? The emphasis of this half-day trip will be on running the river, with minimal instruction due to the short duration. Previous two-day whitewater kayak class required. Rental includes kayak, paddle, spray skirt, personal float and helmet. Swimming ability required. Minimum age is 13.

James River Park

Saturday, May 29, 8 a.m.-noon	\$30 (\$36 w/rental)	Course #9848
Saturday, July 3, 8 a.m.-noon	\$30 (\$36 w/rental)	Course #9849
Sunday, Aug. 8, 8 a.m.-noon	\$30 (\$36 w/rental)	Course #9850

## Kayak Play Days

This after-work informal instructional time is for new kayakers (especially those without a boat) who wish to get time on the water. Instructors will answer questions and give pointers. During this unstructured class, there will be no downriver runs. Participants must have had previous formal instruction. All equipment is provided. Minimum age is 13.

Pony Pasture

Date and Time	Fee	Course #
Wednesday, May 12, 6-8:30 p.m.	\$9	9425
Wednesday, May 26, 6-8:30 p.m.	\$9	9426
Wednesday, June 9, 6-8:30 p.m.	\$9	9652
Wednesday, June 23, 6-8:30 p.m.	\$9	9653
Wednesday, July 14, 6-8:30 p.m.	\$9	9654
Wednesday, July 28, 6-8:30 p.m.	\$9	9655
Wednesday, Aug. 11, 6-8:30 p.m.	\$9	9656
Wednesday, Aug. 25, 6-8:30 p.m.	\$9	9657
Wednesday, Sept. 8, 5-7:30 p.m.	\$9	9658
Wednesday, Sept. 22, 5-7:30 p.m.	\$9	9659

## Introduction to Touring Kayak

This class is designed for the person who wants to learn the basics of flat-water kayaking. The class covers entries, exits, strokes, safety and the equipment needed to start kayaking. A tour of the Dutch Gap Conservation Area is included. Rental includes kayak and all equipment. Swimming ability required. Minimum age is 11. Participants 11-14 years old must be accompanied by an participating adult.

Henricus Historical Park

Date and Time	Fee	Course #
Saturday, May 15, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	9806
Saturday, June 5, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	9807
Sunday, June 13, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	9808
Saturday, July 10, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	9809
Sunday, Aug. 1, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	9810
Saturday, Aug. 28, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	9811

## Touring Kayak - Day Trips

These paddle trips are meant to compliment the Introduction to Touring Kayak course, although they are not exclusive to that. For the beginning-to-intermediate paddler, the trips are from Robious Landing to Huguenot Woods. Swimming ability required. Minimum age is 13. Youths 13-15 years old must be accompanied by a participating adult. Previous formal kayak instruction is required.

James River Park

Saturday, June 26, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	Course #9845
Saturday, Aug. 7, 9 a.m.-4 p.m.	\$43 (\$49 w/rental)	Course #9846

## Touring Kayak - Plantation Paddle

See history from a new perspective, by paddling in sea kayaks to view and tour some of the area's finest plantations. Start with a tour of Berkeley Plantation. Next, paddle down the James River to tour Westover Plantation and end the trip by paddling to Evelynnton Plantation for a tour. Fee includes guides, boat shuttle and plantation-tour fees. Bring a lunch. Swimming ability and previous kayaking experience is required. Minimum age is 15.

**Meet:** Berkeley Plantation, 18602 Harrison Landing Road, Charles City.

Sunday, Sept. 5, 8:30 a.m.-5 p.m. \$53 (\$59 w/rental) Course #9820

## Canoeing

### Learn Canoeing

This entry level course introduces beginners to basic paddling strokes. It is held entirely on flat-water for those interested in lake and pond canoeing. Swimming ability is required. Minimum age is 11. Participants 11-14 years old must be accompanied by a participating adult.  
 Parks Maintenance Building, 9201 Public Works Road  
 \$35 adults; \$15 (11-14 year olds)  
 \$5 equipment rental fee, per person  
 Sunday, May 16, 9 a.m.-4 p.m. **Course #9637**

### Intro to River Canoeing - Level 1

This introduction to river canoeing teaches proper strokes, river reading and current analysis. Swimming ability and previous canoeing experience required. Previous "Learn to Canoe" class recommended. Minimum age is 11. Participants 11-14 years old must be accompanied by a participating adult.  
 James River Park  
 \$35 adults; \$15 (11-14 year olds)  
 \$5 per person equipment rental fee  
 Sunday, June 13, 9 a.m.-4 p.m. **Course #9638**  
 Saturday, July 24, 9 a.m.-4 p.m. **Course #9639**

## River Rescue

### River Rescue - Basic Safety in Whitewater

This one day basic class is for folks who paddle on or just play in the river. You'll learn essential safety skills, including swimming and wading in whitewater and throw-rope use. Also, learn river signals, as well as how to identify river hazards. This also will be the first day of the two-day River Rescue class. Swimming ability, life jackets and helmets required. Some extra supplies are on hand. Wet suits recommended.  
 James River Park  
 Saturday, Aug. 14, 9 a.m.-5 p.m. \$25 **Course #9825**

### River Rescue - For Paddlers

Learn the basic river-rescue skills that every paddler should know. Day one will be an introduction to whitewater safety that will include swift-water wading, swimming, throw ropes and self-rescues. Day two will cover boat pins and strainer drills. Swimming and paddling ability are required. Life jackets and helmets also are required (we can supply). Wet suits are recommended. Minimum age is 13.  
 James River Park  
 Saturday-Sunday  
 Aug. 14 and 15, 9 a.m.-5 p.m. \$40 **Course #9821**

### River Rescue - Refresher

This half-day course is for those who have taken the Basic Whitewater Safety course. Participants will practice various rescue-technique scenarios. Previous river safety and rescue instruction is required. Minimum age is 14.  
 James River Park  
 Saturday, July 3, 1-5 p.m. \$15 **Course #9844**

## Sailing

### Day of Sailing

Bring a picnic lunch and board a cruising sailboat for a day of sailing on the Chesapeake Bay. This is a great experience for people who would like to try sailing for the first time or for people who have had instruction and would like more practice. Trip begins in Deltaville. Participants must provide their own transportation to the marina (directions provided). Minimum age is 13.

Date and Time	Fee	Course #
Sunday, May 2, 9 a.m.-4 p.m.	\$50	9434
Sunday, May 9, 9 a.m.-4 p.m.	\$50	9559
Sunday, June 6, 9 a.m.-4 p.m.	\$50	9560
Saturday, June 26, 9 a.m.-4 p.m.	\$50	9561
Sunday, July 18, 9 a.m.-4 p.m.	\$50	9562
Saturday, Aug. 7, 9 a.m.-4 p.m.	\$50	9563
Sunday, Aug. 29, 9 a.m.-4 p.m.	\$50	9564
Sunday, Sept. 12, 9 a.m.-4 p.m.	\$50	9565
Saturday, Sept. 25, 9 a.m.-4 p.m.	\$50	9566

### Learning to Sail

This course provides an evening of classroom instruction, then a full day piloting a sloop on the Chesapeake Bay out of Deltaville. Sailing terminology, rigging, basic piloting, docking procedures and more will be covered. Participants are responsible for transportation to the marina. Swimming ability is required. Minimum age is 15. Class held at Parks and Recreation Administration Building, 6801 W. Krause Road. Trip begins in Deltaville. Participants must provide their own transportation to the marina. Class fee \$75.

<b>Class:</b> Thursday, May 20, 7-9:30 p.m.	<b>Course #9419</b>
<b>Trip:</b> Sunday, May 23, 9 a.m.-4 p.m.	
<b>Class:</b> Thursday, June 10, 7-9:30 p.m.	<b>Course #9853</b>
<b>Trip:</b> Sunday, June 13, 9 a.m.-4 p.m.	
<b>Class:</b> Tuesday, July 6, 7-9:30 p.m.	<b>Course #9854</b>
<b>Trip:</b> Saturday, July 10, 9 a.m.-4 p.m.	
<b>Class:</b> Thursday, July 29, 7-9:30 p.m.	<b>Course #9855</b>
<b>Trip:</b> Sunday, Aug. 1, 9 a.m.-4 p.m.	
<b>Class:</b> Tuesday, Aug. 17, 7-9:30 p.m.	<b>Course #9856</b>
<b>Trip:</b> Saturday, Aug. 21, 9 a.m.-4 p.m.	
<b>Class:</b> Thursday, Sept. 16, 7-9:30 p.m.	<b>Course #9857</b>
<b>Trip:</b> Sunday, Sept. 19, 9 a.m.-4 p.m.	

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